

The Harms of Vaping

E-cigarettes damage teens’ brains and lungs



Tobacco and nicotine products have changed over the years, but the addictive chemicals they contain haven’t. E-cigarette and vape products have fun flavors (often fruity or sweet) that seem more like candy than a harmful chemical. And the vape devices come in so many styles and designs—from pens to USB flash drive lookalikes—that it’s hard to recognize them for the danger they are. Notice some of the different shapes they come in below.

The vape industry is targeting your kids with colorful, fun, sleek products, so it is more important than ever to have the conversation early to help them have an addiction-free future. Here are some facts to discuss with your kids to keep them safe and help your family make informed choices.

DID YOU KNOW?

DAMAGES THE BRAIN

Nicotine negatively affects brain circuits that control attention, learning, mood disorders, and impulse control.

HIGHLY ADDICTIVE

Nicotine is as addictive as heroin and just as hard to quit.

DAMAGES LUNGS

Chemicals in vaping devices, which are poorly regulated, can seriously damage the lungs of users.

GATEWAY TO OTHER DRUGS

Some kids who use e-cigarettes replace the nicotine with marijuana, which causes additional harm to the teen brain.

RISK OF RELAPSE

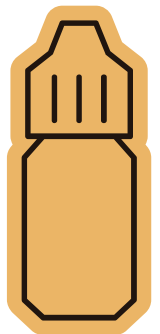
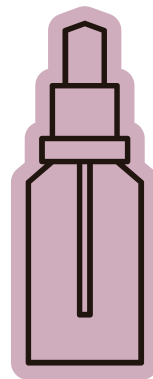
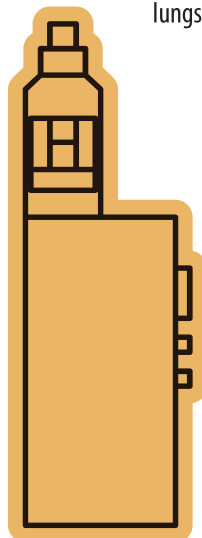
People in recovery from addiction are more likely to relapse if using nicotine.

PRIMES BRAIN FOR ADDICTION

Nicotine primes the brain to be more susceptible to addiction from other drugs kids may try, like cocaine.

LEADS TO CIGARETTE USE

Studies show that teens who start with e-cigarettes are more likely to try regular cigarettes within one year.



STEALS JOY

Nicotine harms the brain’s pleasure center so young users experience less pleasure from normal things.

SUPER JUICED

E-cigarettes and other vape devices can contain many times more the amount of nicotine than a traditional cigarette. For example, the nicotine in one JUUL cartridge (a type of vape device) is equivalent to a whole pack of cigarettes.